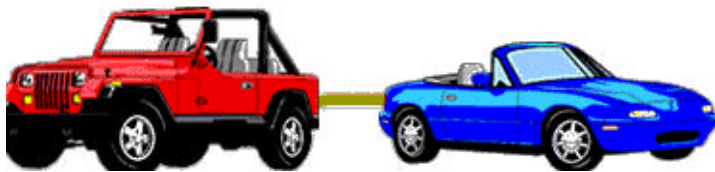
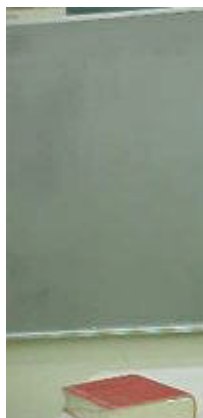


Balanced and Unbalanced Forces



A **force** is a push or a pull. A force can give energy to an object causing the object to start moving, stop moving, or change its motion.

Motion, like that of your skateboard, is a result of unbalanced forces. If you and a friend were in an arm wrestling match and you were dead even, your stationary arm position would be an example of a balanced force. If you suddenly gained the advantage over your friend, it would be an example of motion resulting from an unbalanced force.



A book resting on a desk illustrates balanced forces. However, a book dropped from a desk illustrates unbalanced forces. In this case, gravity has overcome the balance of forces.

Drag your mouse over the image at the left to observe the result of gravity's unbalanced force on a book.



List three examples of unbalanced forces.

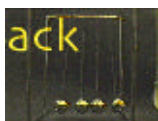
- 1.
- 2.
- 3.

List three examples of balanced forces.

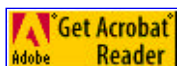
- 1.
- 2.
- 3.



Visit the website of [Larry and Vince](#), the crash test dummies. They have lots of first hand experience with forces and motion. They are more than willing to share their knowledge with you. As they say...they always say, "Take it from a dummy!"



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Updated August 7, 2000 by: [Glen Westbrook](#)

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